

# Excited

Feeling excited is being eager and enthusiastic. Often we feel excited when something fun is happening.



## Times we might feel **excited**:

- When it is our birthday
- When we are going to have time off from school
- When we are going somewhere exciting like the zoo or on vacation

## When we feel **excited**, our body might feel like:

- We want to jump up and down
- Our eyes are wide open
- Laughing and having big smiles

## Understanding Excited / Questions for learning:

What are some times a person might feel **excited**?

---

---

---

When you feel **excited**, what does your body feel like?

---

---

---

Write about a time that you felt **excited**. What was it like?

---

---

---

---

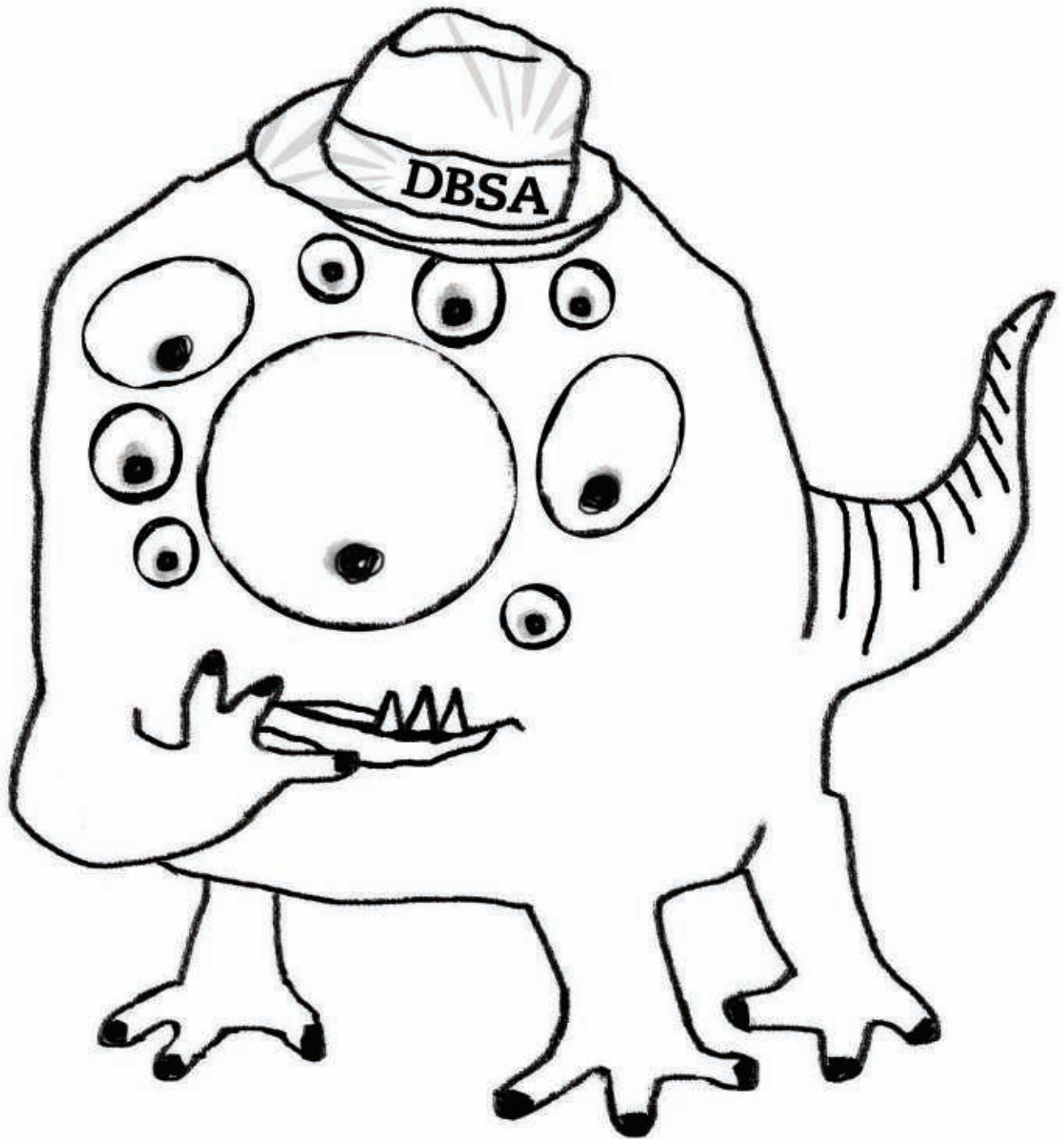
---

---

---

---





Depression and Bipolar  
Support Alliance

©2022 Depression and Bipolar Support Alliance

**I'm Embarrassed.**

# Excited's EXTRAORDINARY Summer Bucket List

HI! I'm EXCITED  
from the DBSA Mood Crew!

I've created this summer bucket list worksheet so that you can write down all the things you are excited for this summer!



## EXCITED'S BUCKET LIST:

- Ride a roller coaster!**  
*I love roller coasters!*
- Eat a funnel cake!**  
*They're my favorite!*
- Read all the books on my summer reading list!**
- Spend time with my friends at the park!**
- Help my Mom make breakfast!**  
*Pancakes, yum!*
- Summer camp!**
- Have extra family time!**
- My birthday!!! (August 19!)**  
*Birthday cake, yum!*

MAKE YOUR OWN BUCKET LIST with some things you are excited about:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

